



# MINUTES

Utah Department of Health  
Pharmacy and Therapeutics Committee

Thursday, November 17, 2016  
7:15 a.m. to 8:45 a.m.  
Cannon Health Building  
Room 128

**Committee Members Present:**

Bryan Larson, PharmD  
Clinton Sheffield, MD  
Clayton Grace, RPh  
Jameson Rice, PharmD

Elizabeth Young, PharmD  
Susan Siegfried, MD  
Abril Atherton, PharmD  
Jake Jones, MD

**Committee Members Excused:**

Keith Tolman, MD

**Dept. of Health/Div. of Health Care Financing Staff Present:**

Alyssa Pitts, RN  
Merelynn Berrett, RN  
Megan Schlappi, CPhT

Chad Hope, PharmD  
Robyn Seely, PharmD  
Heather Santacruz, RN

**University of Utah Drug Regimen Review Center Staff Present:**

Vicki Frydrych, PharmD

Melissa Archer, PharmD

**Other Individuals Present:**

Joanne LaFleur, UU COP  
Cody Ball, Select Health  
Martha Groenguel, Synergy  
Joanne Brennon, Valley Behavioral Health

Jennifer Lauper, Bristol-Myers  
Lori Howarth, Bayer  
Kristin Pareja, Otsuka

Meeting conducted by: Clinton Sheffield, MD

---

1. **Welcome & Housekeeping:** Clinton Sheffield opened the meeting and reminded everyone to sign in.
  - a. Clinton Sheffield introduced Jake Jones, the new pediatrician on the committee.
2. **Review and Approval of September Minutes:** Clinton Sheffield made a motion to approve the minutes from September. Clayton Grace seconded the motion. Unanimous approval.
3. **Drug Utilization Review (DUR) Board update:** The DUR board met last month to discuss Long Acting Opiates and Akynzeo. Prior Authorization criteria was

established for Long Acting Opiates and methadone. No PA criteria was established for Akynzeo.

4. **Anti-Anxiety Benzodiazepines:** Melissa Archer presented a review of Anti-Anxiety Benzodiazepines. She presented peer-reviewed research regarding the safety and efficacy of each agent, clinical trials, disease-state treatment guidelines and Utah Medicaid utilization data.
5. **Public Comment:** N/A
6. **Other State Report:** Bryan Larson reported PDL listings for agents in this class in other States' Medicaid programs.
7. **Committee Discussion:**
  - a. Susan Siegfried noted that the drug Limbitrol was discussed at the previous meeting, so it did not need to be discussed any further. She also noted that the other benzodiazepines are equally efficacious for their approved FDA indications.
  - b. Susan Siegfried noted the safety concerns with benzodiazepines. She discussed a study in which the drug Xanax was the most common benzodiazepine found in overdose deaths where an opioid was in combination with a benzodiazepine. She noted that longer acting benzodiazepines have a higher risk of cognitive impairment, and shorter acting benzodiazepines can exacerbate anxiety.
  - c. Susan Siegfried discussed the importance of having this class also reviewed by the Drug Utilization Review Board to discuss quantity limits and prior authorization criteria.
  - d. Clinton Sheffield made a motion that these medications are equally safe and efficacious for inclusion on the PDL. Beth Young seconded the motion. Unanimous approval.
8. **Older Anticonvulsant Agents:** Vicki Frydrych presented a review of Older Anticonvulsant Agents. She presented peer-reviewed research regarding the safety and efficacy of each agent, clinical trials, disease-state treatment guidelines and Utah Medicaid utilization data.
9. **Public Comment:** N/A
10. **Other State Report:** Bryan Larson reported PDL listings for agents in this class in other States' Medicaid programs.
11. **Committee Discussion:**
  - a. Bryan Larson noted that the committee had already discussed newer anticonvulsants, which are now included on the PDL.
  - b. Jameson Rice discussed how it was difficult to differentiate safety and efficacy with so many different drugs used for so many different indications.
  - c. Jameson Rice made a motion that these medications are all equally safe and efficacious for their FDA approved indications for inclusion on the PDL. Clayton Grace seconded the motion. Unanimous approval.

12. Clinton Sheffield asked a question regarding the committee's previous motion for the dosing and strengths of the antidepressant medication citalopram and asked that the committee revisit that drug at the next P&T committee meeting.

13. **Meeting Adjourned:** Clinton Sheffield motioned to close the meeting. Bryan Larson seconded. Unanimous approval.

14. Next meeting is scheduled for January 19, 2017 (Opioid Combination Products)-No December Meeting.

---

Audio recording of all P&T meetings are available online at:

<https://medicaid.utah.gov/pharmacy/pt-committee?p=Committee%20Meeting%20Audio%20Recordings>